

MEDITATION BREATHING PRAYERS

Choose one phrase from the 1st and 2nd columns and one pair from the 3rd and 4th columns and say this phrase to yourself as you breathe. Breathe in imagining your lungs are cups and you are filling them from the bottom, all the way to the top. As you breathe out, empty your lungs completely.

Name of God	Attribute of God	His Promise/Our Need		Passage
BREATHE IN	BREATHE OUT	BREATHE IN	BREATHE OUT	
Jesus Christ	Son of God	Have mercy on me	A sinner	Mark 16:16
Lord	My Provider	Help me rest in	Your provision of my needs	Phil 4:19
Father	My Sovereign	Your grace is sufficient	For me	2 Cor 12:9
God	Most High	Deliver me	From temptation	1 Cor 10:13
Everlasting God	Who is Sufficient	Help me live	In your victory	1 Cor 15:57
Lord of Hosts	Eternal Creator	You work everything together	For my good	Rom 8:28
Mighty God	My Banner	I come to you	For your rest	Matt 11:28
	My Healer	I take refuge	In your strength	Ps 46:1
	My Peace	I am in your hand	Nothing can take me out	John 10:28
	My Righteousness	Your unfailing love	Gives me peace	Isa 54:10
	My Sanctifier	Lead me & guide me	Through paths of darkness	Isa 42:16
	Ever Present	Make my joy	Complete	John 15:11
	My Shepherd	I am drawn to	Your everlasting love	Jer 31:3
	My Maker	Rise	And show me compassion	Isa 30:18
	My God	You bless me	Because I wait for you	Prov 8:17
	Mighty One	Guard my heart & mind	With your peace	Phil 4:7
	The Branch	Give me your peace	So I will not be afraid	John 14:27
	Holy One	Listen to me	As I come to you	Jer 29:12
	My Judge	Guide me	As I seek your will	1 John 5:14
	All Seeing	Keep me from harm	Watch over my life	Ps 121:7-8
	Jealous	Show me your presence	As I walk through the fire	Isa 43:1-2
	My Deliverer	I am a new creation	In Christ	2 Cor 5:17
	My Savior	I trust in you	Not my own understanding	Prov 3:5
	My Redeemer	I look to you	To make my paths straight	Prov 3:6
	My Shield	Give me your wisdom	Knowledge & understanding	Prov 2:5
	My Strength	Teach me your ways	So I can walk in your paths	Isa 2:3
	Righteous One	Your word is a lamp to my feet	And a light for my path	Ps 119:105
	My Rock	Let your living word	Judge my thoughts & the attitudes of my heart	Heb 4:12
	My King	Be with me	Strengthen and help me	Isa 41:10
	The First and Last	My refuge & my fortress	I trust in you	Ps 91:1
	The Sun of Righteousness	No harm will come to me	Because I am in you	Ps 91
	Wonderful	I can do everything	Through your strength	Phil 4:13
	My Counselor	Lead me beside quiet waters	Restore my soul	Ps 23
	Prince of Peace	You are with me	As I walk through the darkness	Ps 23
	Ancient of Days	You are my rock, fortress, and deliverer	You are my refuge, strength, and salvation	Ps 18:2
	The Light of the world	You have plans to prosper me	To give me a hope & a future	Jer 29:11-12
	The bread of life	Have mercy on me	My soul takes refuge in you	Ps 57:1
	Living water	I take refuge under your wings	Until the disaster has passed	Ps 57:2
	Resurrection & the Life	I am your workmanship	Created in Christ to do good works	Eph 2:10
	The Way, Truth & Life	I put on your armor	To stand against the enemy	Eph 6:11